



Tuesday, March 20, 2007



Take Fruits & Veggies to Work Day

*Need Some Ideas for
How You Can Fit More
Fruits & Veggies Into Your Day?*



Make a tasty fruit smoothie for breakfast or add dried fruit to your favorite cereal.



Pack re-sealable sandwich bags with fruit & veggies to snack on during your work day.



Pack a single serving container of applesauce or fresh fruit with low-fat yogurt for a delicious afternoon snack.



Choose 100% juice instead of soda for lunch.

Including more fruits and vegetables throughout your day is easy because all forms count—fresh, frozen, dried, canned and 100% juice.

Michigan Surgeon General
Dr. Kimberlydawn Wisdom and Michigan
Department of Agriculture Director
Mitch Irwin invite all Michigan employees
to celebrate the first-ever “Take Fruits &
Veggies to Work Day” on Tuesday, March
20, 2007.



Dr. Kimberlydawn
Wisdom

Nutritionists agree: while daily
consumption of fruits and vegetables may
help prevent many chronic diseases, most
people need to double the amount they
currently consume to meet the Federal
Dietary Guidelines.

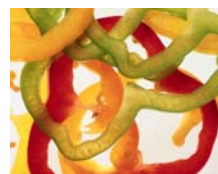


Director
Mitch Irwin

This week, the State of Michigan is proud
to present the **Fruits & Veggies—More Matters**
campaign, which is designed to help Americans
overcome common everyday barriers to eating fruits and
veggies. These include differing tastes within a family,
not knowing how to prepare them or keep them fresh,
or simply not liking them.

You can take an important step toward better health for
a lifetime by enjoying fruits and veggies at work. Go
ahead and give it a try—you're worth it!

Be sure to **SELECT MICHIGAN**—It's Good For You, Our Growers and Our Local Economy.



For more information:

Visit www.michiganstepsup.org or www.fruitsandveggiesmorematters.org